

# Research on Mental Health Education of College Students Based on Positive Psychology

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**Abstract:** As the core content of college students' mental health education system, the curriculum system of college students' mental health education is an important link in developing college students' mental health education. Positive psychology is a new trend of thought in psychology. It advocates that psychology should study the positive qualities of human beings, including positive emotional experience, positive personality traits and positive social environment. From the perspective of positive psychology, it is necessary to reform the course of mental health education for college students so as to enrich the connotation of the course. Compared with the problem-based preventive thinking of traditional psychology, positive psychology emphasizes that psychology should not only study various problems of human or society, but also pay attention to various positive forces and qualities of human beings. From the perspective of positive psychology, this paper discusses the significance of positive psychology in mental health education of college students, and tries to build a mental health education system of college students in the perspective of positive psychology.

## 1. Introduction

In recent years, more and more attention has been paid to the mental health of college students. The mental health education of college students in China has experienced a development process from recognition to attention and then to strengthening. There is a negative phenomenon of paying too much attention to students' psychology in the mental health education of college students, which weakens the effect of mental health education in colleges and universities and leads to the opposition between the objects of mental health education of college students and educators [1]. In the United States at the end of the 20th century, the emergence of positive psychology promoted the development of contemporary psychology. Positive psychology not only studies human psychological problems and diseases, but also studies human potential, strength and virtue. Compared with the problem-based prevention thought of traditional psychology, positive psychology emphasizes that psychology should not only study various problems existing in human beings or society, but also pay attention to various positive forces and qualities of human beings [2]. At present, the psychological health education of college students has basically followed the previous pathological psychology or negative psychology mode in both theoretical research and educational practice, with emphasis on preventing and correcting various psychological problems of college students [3]. Under the guidance of changing education concepts and adhering to the principles of positive development education, we must pay more attention to infiltrating the new concepts of positive psychology into all levels and fields of college students' mental health education, shaping positive personality and fostering positive emotions [4].

As a higher social and cultural group and a force for national construction, the psychological quality of college students has received extensive attention from all walks of life [5]. Positive psychology is mainly to study the positive qualities possessed by human beings, and to promote the positive mentality of human beings, so that human beings can use the positive mentality to face the problems that arise in life, thereby deeply tapping the potential energy and qualities of human beings [6]. Positive psychology believes that when faced with difficulties, human beings can exert their tremendous positive abilities, prevent the emergence of negative

Emotions and Psychological Problems, and Be Infected by Positive Emotions and Personality, Thereby Recovering Themselves [7]. Positive Psychology is Mainly a Study of the Potential Abilities and Virtues of Ordinary People, So That Human Beings Can Understand Each Person with an Open and Appreciation, Focusing on the Positive side of Human and Society [8]. Pay Attention to the Positive Forces of Human Beings, Study the Virtues and Potentials of Human Beings, and Combine the Positive Psychology with the Psychological Health Education of College Students, Which Will Definitely Bring New Vitality to the Psychological Health Education of College Students, So as to Better Play the Role of Psychological Health Education of College Students [9]. from the Perspective of Positive Psychology, This Article Explores Its Significance to the Psychological Health Education of College Students, and Attempts to Construct a Mental Health Education System for College Students from the Perspective of Positive Psychology.

## 2. Problems Existing in Traditional College Students' Mental Health Education Curriculum

Positive Psychology is Committed to the Positive Qualities of Human Beings, Which is Not Only a Great Respect and Praise for Human Nature, But Also a Rational Understanding of Human Society to a Greater Extent. Mental Health Education of College Students is Influenced by Traditional Psychology and Has Strong Negative Color. College Students' Mental Health Education Course is Different from Other Courses. Due to the Particularity of Human Psychological Development, the Course Should Pay More Attention to College Students' Emotional Experience and Psychological Experience in the Teaching Process. Positive Psychology Holds That Everyone Has Great Potential, Has a Variety of Basic Needs, and Attaches Great Importance to Self-Development. This View of Humanity Determines That the Approaches and Methods of Mental Health Education in Colleges and Universities Will Certainly Develop in a Diversified Direction. Before the Compulsory Courses Are Required in the Mental Health Education Courses for College Students, Most Colleges and Universities Only Offer Elective Courses or Activity Courses and Other Forms, and Some Colleges and Universities Have the Support of Psychology Discipline. in the Traditional Mainstream Psychology Mode, People Always Pay Too Much Attention to Possible or Existing Psychological Problems. in Today's Rich Material World, Human Beings Themselves Do Not Feel More Happiness.

In Teaching, Students' Social Development is Mainly Realized through Communication and Cooperation. Communication and Cooperation between Students and Students and between Students and Teachers Are Beneficial to Students' Social Development. the Interactive Relationship between Students' Social Development is Shown in Figure 1.

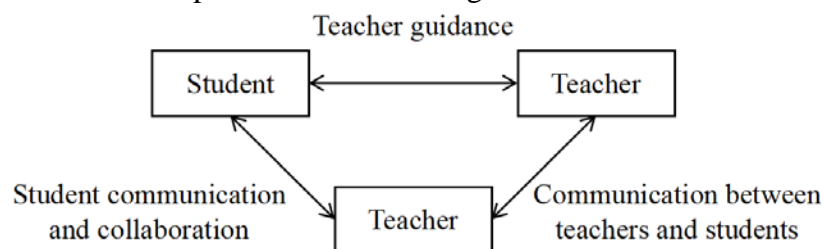


Fig.1 Interactive Relationship of Students' Social Development

Some colleges and universities classify the mental health education of college students as simplistic moral education, directly classify mental health education institutions under moral education institutions, transform ideological and political education and moral education teams into psychological counseling education teachers, and classify the psychological barriers of college students as ideological problems. At present, the psychological health education courses for college students are mainly based on indoctrination education, the classroom atmosphere is relatively dull, and the single teaching method leads to poor course effect. Of course, a large part of the reason is that there are many students who choose courses and cannot effectively use teaching methods such as group counseling, situational experience, role playing and workshops [10]. The study of positive

emotions in positive psychology focuses on the study of people's subjective well-being, so it pays attention to the study and discussion of psychological problems from a positive level, regards subjective well-being index as an important basis for mental health, and holds that the main goal of mental health is to promote individual subjective well-being. Influenced by traditional psychology, the mental health education of college students in our country is mostly problem-oriented, and the mental health education curriculum of college students is no exception. The traditional mental health education curriculum of college students has different degrees of problems in teaching objectives, teaching methods, curriculum setting, etc. Positive psychotherapy is committed to making use of people's inherent positive power, advocating a positive attitude to make a new interpretation of psychological or behavioral problems, and on this basis to make individuals become healthy by stimulating their positive potential and excellent qualities.

### 3. Enlightenment of Positive Psychology on Mental Health Education of College Students

#### 3.1 Changing the Teaching Concept of Mental Health Education for College Students

Teachers should establish the goal of mental health education curriculum from the perspective of positive psychology. Traditional mainstream psychology simply believes that mental health is the absence of mental diseases or psychological problems, or simply comes down to the pathological model of biomedicine. The formation of good psychological quality does not take one day, but requires long-term training. Systematic psychological training plays a vital role in improving college students' psychological skills. We should study the current situation of college students' psychological training. Besides the research on training methods and means, we should also investigate the formulation of their psychological training plans. For example, Table 1 shows the survey of psychological training programs.

Table 1 Survey of Psychological Training Programs

	Number	Proportion (%)
Make a systematic psychological training plan	12	6
According to experience arrangement	188	94

Education needs to create an activity platform for experience, cooperation and self-reflection, so as to encourage students to feel and participate in teaching activities as intuitively as possible, thus optimizing students' psychological quality. All human activities are inseparable from psychological activities. Psychological activities mainly include cognitive process, emotional process and will process. Health is not only a manifestation of absence of disease and weakness, but also a state of physical, psychological and social perfection. When constructing the base classification, the storage and time overhead allowed in the actual application should be comprehensively considered to select the appropriate integration scale. As shown in Figure 2

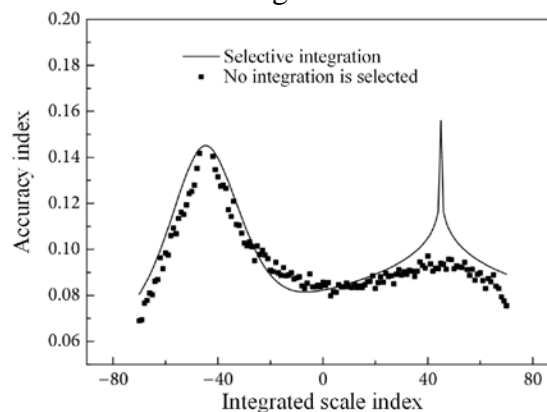


Fig.2 The Impact of Different Integration Scales on the Accuracy of Psychological Behavior of College Students

Positive psychology corrects the one-sidedness of traditional mainstream psychology, which lays

too much stress on problems, pays attention to the positive aspects of human nature, studies the advantages and values of human beings, pays attention to the psychological functions of normal people, and truly restores the original functions and missions of psychology [11]. The shaping of positive personality should be the premise and guarantee for the cultivation of sound personality in our country. The shaping of positive personality should become the primary goal of mental health education for college students in our country. Teachers of college students' mental health education in our country can learn from it, transform the course of college students' mental health education into a development course from the perspective of positive psychology, and solve problems by guiding students to use positive mentality [12]. The mental health education of college students is a complicated systematic project. In addition, the current mental health education of college students is vague and abstract, which fails to keep pace with the times in guiding the cultivation of students' positive mental consciousness. Positive psychology advocates a brand-new value orientation based on human beings, advocates positive humanity, requires attention to the advantages and positive factors of human beings, and advocates positive and positive interpretation of human psychological phenomena with positive mentality.

### **3.2 Innovating College Students' Mental Health Education Curriculum**

Positive psychology emphasizes to study and discuss psychological problems from a positive perspective. Therefore, from the standpoint of positive psychology, college students' psychological health education should pay more attention to the developmental goals of college students and optimize their psychological quality with positive ideas and thoughts. Under the guidance of positive psychology, psychological science will have a more scientific understanding of human nature and will produce more effective interventions, thus promoting the healthy development of individuals, families and society. The effective practice of the concept of positive psychology can enable college students to experience the positive factors in their life and achieve the ideal state of physical and mental harmony. Colleges and universities can select teachers with rich professional teaching experience and strong responsibility for on-the-job training, so that these teachers can improve their psychological professional knowledge and skills. After participating in the training, teachers can obtain qualifications and obtain qualification certificates through professional assessment. Teachers can use a variety of teaching modes to provide students with mental health education, such as explaining the basics, conducting case studies, organizing students for role-playing and group discussions, and so on. College students can test the effect of mental health education courses through a self-analysis report and have a correct understanding of the self. In the process, college students can work hard to find the self-state suitable for social life.

## **4. Conclusion**

As a beneficial supplement to traditional psychology, positive psychology has a positive reference for the construction of the curriculum system of mental health education for college students. Only when college students have a positive understanding of themselves can they face themselves and accept themselves correctly in their growth, so as to objectively and rationally view their advantages and disadvantages, and quickly find self-confidence in collective life. As a new trend of thought in psychological research, the goal of positive psychology reflects the social sense of fraternity and humanity, and is consistent with the goal of human development. On the one hand, the psychology of college students from the perspective of positive psychology inherits and develops the traditional concept of mental health; on the other hand, it expands the field of mental health research and is conducive to understanding and grasping the positive and healthy concept of mental health from a more scientific perspective. The concept of positive psychology has opened up a field of vision for college students' mental health education and provided a theoretical basis for creating a new situation in college students' mental health education. The mental health education of college students under the guidance of positive psychology will greatly promote the mental health of college students and stimulate college students to tap their own positive strength.

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